

Self Talk
SSA, piano
JH - C053.1

Jocelyn Hagen

pdf - \$2.15



Self Talk

SSA choir and piano



jocelyn hagen

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Consortium of Choirs

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Angelica Cantanti Youth Choirs - Concert Choir (Bloomington, MN) Elizabeth Egger, director

Athey Creek Middle School Symphonic Choir, Allison Lee, director

Bigelow Middle School Choirs, Jaime Alberts, director

The Blake School, Minneapolis, Natalia Romero Arbeláez, director

Choir School of Delaware, Brittney Stanton, director

DeForest Area Middle School Choirs, Joshua Schmidt, conductor

Elim Lutheran Church, Samuel Black, conductor

Emory and Henry College Choirs, Natalie Shaffer, conductor

Freshman Academy Singers, Melanie Brink, director

Irondale Kingbirds Choir, Jason Etten, director

Johnston Middle School Vocal Music Program, Jorie O'Leary and Kara Mather, directors

Kenneth White Junior High Varsity Treble Choir from Mission, Texas, directed by Sally Vasquez Morales

New Jersey Youth Chorus, Joanna Scarangelo, conductor

Northern California Children's Chorus, Judy Britts, director

Rosemount High School Bel Canto, Gina Stutzman Toso, director

Scott Highlands Middle School - Eighth Grade Choir (Apple Valley, MN) Elizabeth Egger, director

Sing Out Loud Minnesota, Stephanie Nolting and Nicole Lambrecht, conductors

Spring Garden Waldorf School 7th and 8th Grade Chorus, Edward Grimes, conductor

The St. Louis Women's Chorale, Leanne Magnuson Latuda, Artistic and Executive Director

University of Memphis Mazi (SSAA), Dr. Francis Cathlina, conductor

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TEXT:

I will never be good enough
I can't do that
I will never be strong enough
I have no fight left

That's just negative self talk
Your thoughts are not who you are
You are not what that person thinks of you
You need to question your thoughts
to know what's really true
You can choose how you respond to failure
how you respond to fear, stress

You are starlight, not the dark sky
You are hope
You are sunshine
You are joy
You are worthy of love
You are enough

I am worthy
I am hopeful
I am kind
I can do this
I am strong!
I am strong!
I am strong!
I can do this!

~ Jocelyn Hagen

PROGRAM NOTE:

"I can't do this. I might as well give up. I'm so dumb."

We've all been guilty of talking negatively towards ourselves, and it can be hard not to spiral down into shame when we make mistakes. But the truth is that we all make mistakes ~ it's part of being human. What matters is how we treat ourselves after the mistake. Do we treat ourselves with the same kindness and grace that we would with people we love? We should. But this, like things, takes practice.

I've struggled with perfectionism all my life, and it's a trait that has been passed on to my two kids. As a mother of adolescents, I have witnessed them succumb to negative self talk many times. It's difficult to watch them be so hard on themselves.

At school, the choir classroom often becomes a safe place for students to be themselves, exploring art and song and the many emotions music evokes. They should be singing texts that relate to their experiences at that age, and that's why I decided to compose "Self Talk." Practicing positive self affirmations is a skill that everyone should practice throughout their lives. This piece gives teachers and students the opportunity to explore these ideas and learn how to improve their self confidence and empathy. This song gives them the gift of singing the words: "I am strong. I can do this."

~ Jocelyn Hagen, 2023

Difficulty Level: 3 of 5 stars (Graphite Publishing difficulty rating system)

Both versions of "Self Talk" are suitable for advanced middle school ensembles, developing high school ensembles, and honor choirs. There are optional notes in part III for tenors and basses. Conductors are encouraged to make the piece work for their ensemble, including octave displacement and switching parts when necessary. The composer suggests rolling the 3-note chord for the choir before the beginning of the piece so the singers can have a strong opening.

Instructional Slides created by conductor and educator Elizabeth Egger are available for Jocelyn Hagen's "Self Talk." With over 50 slides, these student-centered visuals can help you teach efficiently and effectively.

These slides are broken down into FIVE COMPONENTS:

1. Text
2. Musical Excerpts
3. Putting It Together
4. All About That Bass - Three Part Mixed Score
5. Social-Emotional Learning (SEL) Talking Points

Available at GraphitePublishing.com

Commissioned by a Consortium of Choirs

Self Talk

SSA choir and piano

Words & Music by:
Jocelyn Hagen

f $\text{♩} = 84$

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S *f* I will nev-er be good e-nough I can't do that I will nev-er be strong e-nough

S I will nev-er be good e-nough I can't do that I will nev-er be strong e-nough

A *f* I will nev-er be good e-nough I can't do that I will nev-er be strong e-nough

Piano *f*

4

S I have no fight left I will nev-er be good e-nough I can't do that

S I have no fight left I will nev-er be good e-nough I can't do that

A I have no fight left I _____ will nev-er be good e-nough—

4

Pno. *f*

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Please report performances of this piece to
Jocelyn Hagen at jocelyn@jocelynhagen.com



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www.JocelynHagen.com

7

S

I will nev-er be strong e-nough I have no fight left I _____ will nev-er be

S

I _____ will nev-er be strong e - nough I will nev-er be good e-nough

A

I will nev-er be strong e-nough I have no fight left I _____

Pno.

jocelyn hagen

10

S

good e - nough I _____ will nev-er be strong e - nough

S

I _____ will nev-er be strong e - nough I have no fight left

A

_____ will nev-er be good e - nough I _____ will nev-er be strong e - nough

10

Pno.

Self Talk / Hagen

13 *mf*

S That's just ne-ga-tive self talk

S *mf* That's just ne-ga-tive self talk

A *mf* That's just ne-ga-tive self talk

13 *mf*

Pno. *mf*

pedal harmonically, smearing

jocelyn hagen

16

S That's just ne-ga-tive That's just ne-ga-tive self talk self talk

S That's just ne-ga-tive self talk self talk self talk

A That's just ne-ga-tive self talk self talk self talk

16

Pno.

19

S
Your thoughts are not who you are — You are not what that per -

S
Your thoughts are not who you are — You are not what that per -

A
Your thoughts are not who you are — You are not what that per -

Pno.

joce lyn hagen

22

S
- son thinks of you You need to ques - tion your thoughts — to know what's real - ly true

S
- son thinks of you You need to ques - tion your thoughts — to know what's real - ly true

A
- son thinks of you You need to ques - tion your thoughts — to know what's real - ly true

22

Pno.

25

S You can choose how you re-pond to fail - ure

S You can choose how you re-pond to fail - ure

A You can choose how you re-pond to fail - ure

Pno.

joceelyn hagen

28 *f*

S Your thoughts are not who you are — You are not what that per-

S *f* Your thoughts are not who you are — You are

A *f* Your thoughts are not who you are — You are not what that per-

28

Pno. *f*

31

S
- son thinks of you That's just ne-ga-tive self talk That's just ne-ga-tive

S
not what that per-son— thinks of you That's just ne-ga-tive self talk That's just ne-ga-tive

A
- son thinks of you That's just ne-ga-tive self talk That's just ne-ga-tive

A
- son thinks of you That's just ne-ga-tive self talk That's just ne-ga-tive

31

Pno.

jocelyn hagen

34

S
self talk self talk self talk You can choose how you re- spond to fail-ure

S
self talk self talk self talk You can choose how you re- spond to fail-ure

A
self talk self talk self talk You can choose how you re- spond to fail-ure

A
self talk self talk self talk You can choose how you re- spond to fail-ure

34

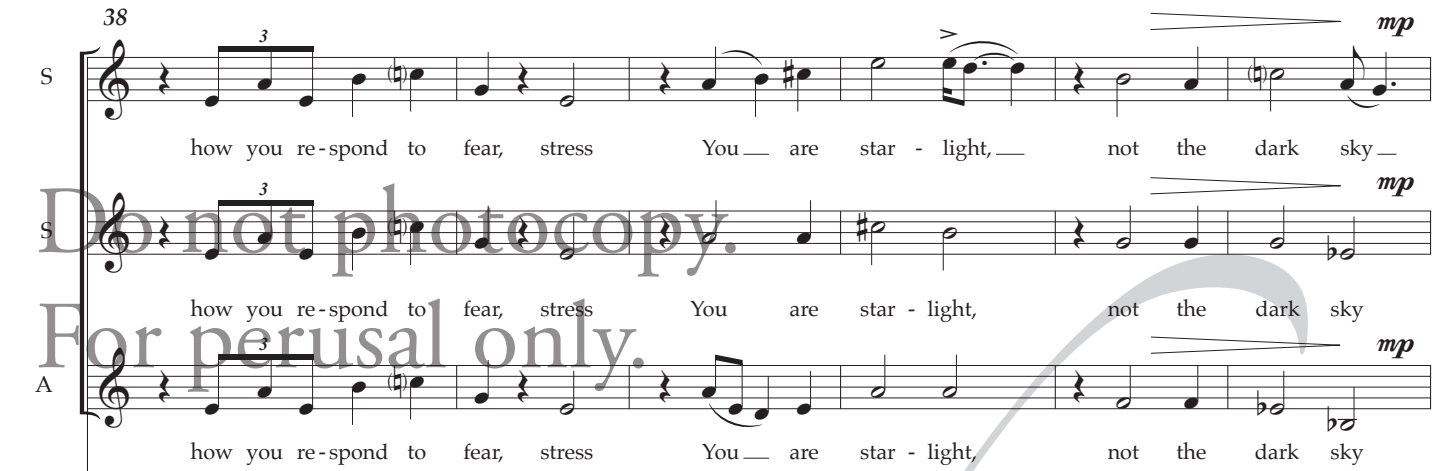
Pno.

38

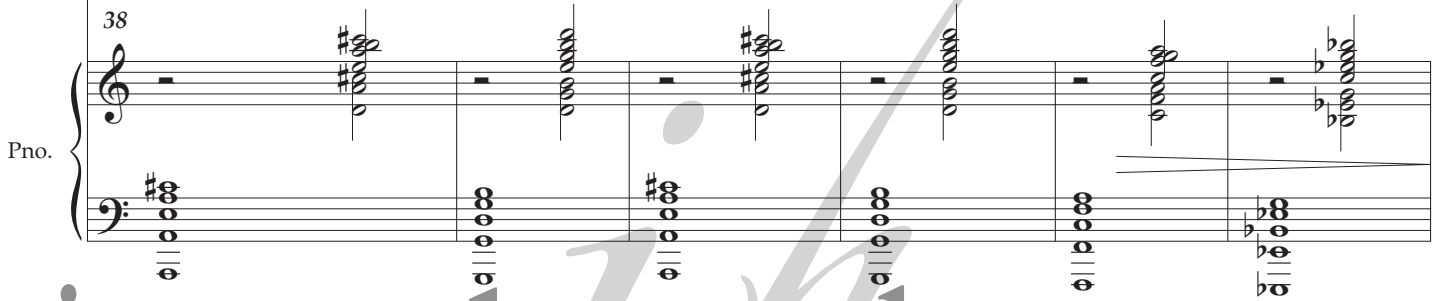
S *mp*
how you re-spond to fear, stress You — are star - light, — not the dark sky —

S *mp*
how you re-spond to fear, stress You are star - light, not the dark sky

A *mp*
how you re-spond to fear, stress You — are star - light, not the dark sky



Pno.



joce lyn hagen

44 $\text{♩} = 76$

S *mp*
You are

S *mp*
You are

A *mp*
You are



Pno.

mp *p*



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50

S hope. You are sun - shine You are joy. You are

S hope. You are sun - shine You are joy. You are

A hope. You are sun - shine You are joy. You are

Pno.

jocelyn hagen

56 *mf*

S wor-thy of love wor-thy of love You are hope. You are sun - shine

S wor-thy of love wor-thy of love *mf* You are hope. You are

A wor-thy of love wor-thy of love *mf* You are e - nough You are e - nough

Pno.

56 *mf*

62

S You are joy. You are wor-ty of love You are e - nough

S sun shine You are joy. You are wor-ty of love You are wor-ty of

A You are e - nough You are e - nough You are e - nough

62

Pno.

68

S I am wor - thy I am hope - ful I am

S love I am wor - thy I am hope - ful I am

A I am wor - thy I am hope - ful I am

68

Pno.

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joce lyn hagen

74 *ff*

S kind I can do — this I am strong!

S kind I can do — this I am strong!

A kind I can do this I am strong!

Pno. *ff*

joce lyn hagen

79 *no rit.*

S I am strong! I am strong! I can do — this!

S I am strong! I am strong! I can do — this!

A I am strong! I am strong! I can do — this!

Pno. *ff*

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j o c e l y n h a g e n



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Jocelyn Hagen



Jocelyn Hagen composes music that has been described as “simply magical” (Fanfare Magazine) and “dramatic and deeply moving” (Star Tribune, Minneapolis/St. Paul). She is a pioneer in the field of composition, pushing the expectations of musicians and audiences with large-scale multimedia works, electro-acoustic music, dance, opera, and publishing. Her first forays into composition were via songwriting, still very evident in her work. The majority of her compositions are for the voice: solo, chamber and choral. Her melodic music is rhythmically driven and texturally complex, rich in color and deeply heartfelt.

In 2019 and 2020, choirs and orchestras across the country are premiering her multimedia symphony *The Notebooks of Leonardo da Vinci* that includes video projections created by a team of visual artists, highlighting da Vinci’s spectacular drawings, inventions, and texts. Hagen describes her process of composing for choir, orchestra and film simultaneously in a Tedx Talk given at the Walker Art Center in Minneapolis, now available on YouTube. Her dance opera collaboration with choreographer Penelope Freeh, *Test Pilot*, received the 2017 American Prize in the musical theater/opera division as well as a Sage Award for “Outstanding Design.” The panel declared the work “a tour de force of originality.”

In 2013 Hagen released an EP entitled MASHUP, in which she performs Debussy’s “Doctor Gradus ad Parnassum” while singing Ed Sheeran’s “The A Team.” She is also one half of the band Nation, an a cappella duo with composer/performer Timothy C. Takach, and together they perform and serve as clinicians for choirs from all over the world.

Hagen’s commissions include *Conspirare*, the Minnesota Opera, the Minnesota Orchestra, the International Federation of Choral Music, the American Choral Directors Association of Minnesota, Georgia, Connecticut and Texas, the North Dakota Music Teachers Association, Cantus, the Boston Brass, the Metropolitan Symphony Orchestra and the St. Olaf Band, among many others. Her work is independently published through JH Music, as well as through Graphite Publishing, G. Schirmer, ECS Publishing, Fred Bock Music Publishing, Santa Barbara Music Publishing, and Boosey and Hawkes.

Independently published choral works by Jocelyn Hagen:

Agnus Dei, from *Ashes of Roses*

April and the Sun

Benedictus, from *amass*

Divine Image

Endless

Forgotten

I Saw Two Clouds at Morning

Ladies in Green

Moon Goddess

Numeri Atque Voces

On My Dreams

Ophelia

Prayer

Salve, Regina

Sanctus, from *amass*

Someone Will Remember Us

Trees Need Not Walk the Earth

Veni, Sancte Spiritus

TTB div. a cappella, Bar. solo

SATB a cappella choir

SSAATTBB a cappella choir, SATB soli

treble choir, women’s choir, SSATB choir, oboe and piano

SATB choir, 2 violins and piano

SSA choir, oboe and piano

SSAATTBB a cappella choir

SSA choir and piano

SSA choir, 4-hand piano, percussion

TTBB and SATB choirs

SATB div. choir, piano, opt. trap set

SATB a cappella choir

SA div. choir, violin and piano

SSA a cappella choir

SSATBB a cappella choir, SA soli

SSAA choir, violin, viola, cello and harp

SATB choir, piano, marimba & rain stick

SATB a cappella choir

Extended works for chorus

Ashes of Roses (48’)

amass (65’)

The Notebooks of Leonardo da Vinci (35’)

Songs for Muska (70’)

Swimming Into Winter (17’)

requiem for SATB choir, orchestra, and soloists

SATB choir, STB soli, cello solo, cello quartet, guitar and percussion trio

SATB choir, orchestra or chamber orchestra, video projections

SATB choir, soloists, violin, cello, mandolin, harp, 2 percussionists

SATB (divisi) choir, winds and percussion